

Senior GAZETTE

Winter 2018

by Lynda Ashley, Director, Amherst Township Senior Service Office (ATSSO)



Home-Delivered Meal Program

ATSSO provides home-delivered meals for those over 60 and disabled adults over 18, with a cost that is adjusted to your income. This nutritious, hot lunch program includes your choice of an entrée, soup & sandwich, soup & salad, or sandwich and salad. A “soup only” option is also available as a choice. There is no minimum amount you need to order, the schedule is flexible.

If you would like to receive a home-delivered meal, or need more information, please contact the Senior Service Office at **988-5894, ext. 101**.

ATSSO OFFICE HOURS:
8:00 A.M. – NOON (M-F)
Phone: 988-5894 – Ext. 101
 Email: amhersttwpseniors@gmail.com

2019 MEDICARE CHANGES

Medicare Part A and B deductibles will increase beginning January 2019.

Part:		For 2019	
A	Inpatient deductible	\$1364.00 per benefit period	
	Hospital Co Pay:	61-90 days	\$341.00/day
		90-150 days	\$682.00/day
B	*Premium:	\$135.50*	
	Deductible:	\$185.00	
	Co pays:	20%	
Skilled Nursing Co pay:	Days 21-100	\$170.50/day	

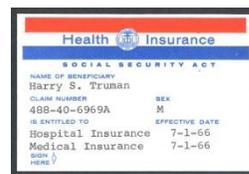
*Part B premium is based on income, some may pay more.

VOLUNTEERS NEEDED



Can you spare 1 hour a week or a month to help your senior neighbors? Our meal program is in need of volunteers to deliver meals to township senior residents. We have an immediate need for **Friday** drivers. Routes are approximately 16 miles long and take about an hour to complete, anytime between the hours of 10:30 a.m. and Noon. Mileage is reimbursed at \$0.545 per mile. If you are interested in volunteering, please call the office.

You're Getting a New MEDICARE CARD!



Between April 2018 and April 2019, Medicare will be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits.



DEPRESSION



The winter months can intensify feelings of sadness which aging seniors often experience. You may observe a change in mood or behavior during the winter or notice unusual signs of fatigue or sadness or perhaps limited interest in the holiday season.

Depression or feeling blue can be caused by many different factors. It can be related to the loss of a spouse, close friend or companion, or loss of independence. It can also be secondary to a medical problem, illness, or a medication side effect.

Seasonal Affective Disorder (SAD) is a disorder commonly related to a lack of Vitamin D or a diet lacking in fresh fruits and vegetables. Scientists have proven

that you need 10 minutes of sun exposure daily in order to keep your Vitamin D levels up. During the cold, gray winter months that may not be possible, especially here in northern Ohio.

Treatment for depression can sometimes be lessened with a few simple adjustments like spending more time visiting with loved ones, getting more exercise, eating a nutritionally balanced meal or simply taking a Vitamin D supplement.

You should talk with your physician if you or your loved one is feeling “depressed” to discuss which would be the best treatment/remedy for your situation.



UTILITY SCAM

Utility scammers work year round but seem most active in the winter and summer months when higher utility bills are seen.

These “employees” will contact you stating your payment is overdue and that your water, gas, or electric will be shut off if you don’t pay immediately. They are also known to make promises of discounts or request to update account information.

Never pay immediately over the phone in response to a call threatening to disconnect your service. A utility company will **NEVER** do that. A

disconnection notice will be sent via mail if you are delinquent. Your utility company will never require customers to buy gift cards or prepaid debit cards.

Don’t rely on caller ID, scammers have gotten very good at “spoofing” the caller ID to make it read whatever they want.

If you receive a call requesting immediate payment or any account information – hang up immediately. If you are concerned that you really are delinquent, call the utility company number printed on your bill to speak with an actual company employee.